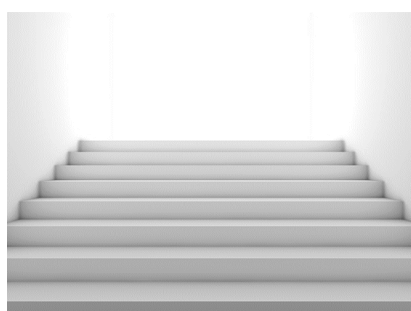


Transitioning from child and adolescent ADHD services to adult ADHD services in Norfolk

A young person's guide



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1. What is transition

Transition to adulthood can be exciting, but it can equally be worrying and anxiety provoking.

We will start to talk about transition during the medication reviews from around the age of 16 to start getting you to think about what might be different.

Transition can be a challenge physically, emotionally, socially, and cognitively. Knowing what to expect when transitioning from child to adult ADHD services can be helpful, so we have put together some information for you.



2. FAQ's

“Where will I be seen”



Either in a clinic or via video call. Clinics are usually held at 80 St Stephens Road in Norwich.

“Who will I see?” A nurse, occupational therapist, or social worker from the adult ADHD team. They may come from different professional backgrounds but they all do the same job.

“When will I be seen?” Your first appointment will be around a year after you were last seen by the Child and Adolescent team.

“How long are appointments?”

Appointments can last for around 1 hour.

“What happens at the appointment?”

The clinician will ask some questions to assess how your ADHD has an impact on your life. Together you may then discuss medication, side effects and you will have your height, weight blood pressure and pulse taken.

“Where can I get help in between appointments?”

If you have any concerns or queries about your ADHD medication after you are discharged from the Child and Adolescent ADHD team or in between appointments, you will need to contact your GP who can liaise with the adult ADHD team for advice.

3. How is adult ADHD different, and how may it affect me?

Although adolescence goes to the age of 25, locally ADHD teams are split into child and young people's services from 6 – 18 and the adult ADHD team aged 18 and up.

Historically ADHD was thought to only be seen in children but there is clear evidence that ADHD exists in adults too.

ADHD in adulthood can present differently to how it presents in children and adolescents and sometimes it remains the same or similar. Below are some examples of how ADHD can impact your life as an adult.

Child and adolescent ADHD	Vs	Adult ADHD
Difficulties in school like negative behaviour points for being distracted, not taking the correct equipment to class, leaving your seat or fidgeting, not finishing work or shouting out or answering back.		Difficulty in holding down a job Running late, being forgetful, troubling with organising work. Not finishing work on time.
Falling out with teachers or peers and parents as well		Difficulty with relationships which might be personal relationships or family relationships

4. Prescriptions and medication



Storing – store away ideally in a locked cupboard, do not share your medication.

Disposal – return unused medication to a pharmacy for safe disposal.

Collecting – Medication is collected from your chosen pharmacy; you may be required to show ID when collecting your medication as you may have to prove that you are aged 18 or over.

You may be required to pay for prescriptions, especially if you are not in full-time education. This can put people off wanting to take their medication due to the cost of prescriptions. A pre-payment certificate can sometimes work out cheaper especially if you are taking more than one different type of medication. You can speak with your local pharmacist about this.

To apply for a pre-payment certificate please follow the link below.

<https://services.nhsbsa.nhs.uk/buy-prescription-prepayment-certificate/start>

5. Alcohol



Avoid taking medication and drinking alcohol. Drinking alcohol with medication prescribed for ADHD can lead to risk of dangerous effects that include but are not limited to; dangerously increased heart rate and increased blood pressure that can lead to strokes, heart disease, heart attacks, and heart failure. You will be at a higher risk of alcohol poisoning when mixing ADHD medication and alcohol. Other risks are that the combination can lead to mental health problems such as anxiety, mood disturbances and addiction. In addition, alcohol increases the risk of disinhibition' (loss of self-control) and can increase your chances of getting into fights, getting in trouble with police as well as "risky" sexual behaviours.

The recommended alcohol consumption is no more than 14 units a week.

Type of drink	Units of Alcohol in each drink
Pint of lower-strength lager/beer/cider (568ml, ABV 3.6%)	2 units
Pint of ordinary-strength lager/beer/cider (568ml, ABV 4%)	2.3 units
Pint of higher-strength lager/beer/cider (568ml, ABV 5.2%)	3 units
Bottle of lager/beer/cider (330ml, ABV 5%)	1.7 units
Can of lager/beer/cider (500ml, ABV 5.5%)	2.8 units
Small glass of wine (125ml, ABV 13%)	1.6 units
Standard glass of wine (175ml, ABV 13%)	2.3 units
Alcopop (275ml, ABV 4.5%)	3.3 units
Single shot of spirits (25ml, ABV 40%)	1.5 units
Double shot of spirits (50ml, ABV 40%)	1 unit
Large glass of wine (250ml, ABV 13%)	2 units

Please follow the link for the NHS drink less web page that has some useful tips to help reduce your alcohol intake.

6. Drug/substance misuse

There is evidence to suggest that people with ADHD are at an increased risk of substance and alcohol misuse. This can be for various reasons such as having difficulty saying “No” and increased impulsivity (saying or doing things before thinking it through).



Taking recreational substances alongside prescribed medication for ADHD is extremely risky and can have life threatening consequences. Being open and honest is essential to ensure we can provide the safest care. Please discuss with your ADHD nurse, doctor or healthcare practitioner who can explain why we cannot prescribe medication for ADHD if there is known substance misuse. These

conversations are confidential and sensitive but are really important to help you make informed choices and signposting you onto the right support.

<https://www.changegrowlive.org/alcohol-drug-behaviour-change-norfolk>

<https://www.matthewproject.org/>

7. Employment (work)

In paid employment time keeping and working to tasks and deadlines will be a big thing – speak with your employer about what support you may need.

An Employer guide to ADHD in the workplace

<https://www.adhdfoundation.org.uk/wp-content/uploads/2022/03/An-Employers-Guide-to-ADHD-in-the-Workplace-Scottish-ADHD-Coalition-1.pdf>

The charity ADHD UK have created a welfare pack to help people with ADHD in the workplace which can be accessed via the link below.

<https://adhduk.co.uk/adhd-and-work/>



8. Driving

Telling the DVLA of your diagnosis and the medication you are prescribed is recommended.

<https://www.gov.uk/adhd-and-driving>



9. Mental health

ADHD is associated with variety of mental health disorders that include anxiety, low mood, and OCD amongst others. It is quite common to feel overwhelmed and anxious and busy ADHD brains are great for feeding that anxiety.

Exercise - Keeping active is helpful even if just for a 15-minute walk or some yoga.

Eating well - A healthy balanced diet can help us think more clearly,

Spending time outdoors in nature has been shown to help improve anxiety and low mood.

Connecting - Spending time with family and friends, Drawing and or colouring.

If you're feeling overwhelmed, you could try these self-help tips:

The 54321 technique – Find 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell and 1 thing you can taste.

Breathing techniques – 4- 7- 8 – breath in for 4 seconds, then hold the breath for 7 seconds and then breath out for 8 seconds.

Local help

MAP (Mancroft Advise Project) Offer metal health support – self referral <https://www.map.uk.net/>

NHS Wellbeing service NSFT - Self-referral can be made by calling telephone: 0300 123 1503 or by visiting www.wellbeingnands.co.uk

Kooth – free confidential online support <https://www.kooth.com/urgent-support>

Shout – free text service_Text '**SHOUT**' to 85258

You can also speak to your own GP.

For emergency or urgent mental health support Please contact

First response helpline - Call 111 and select the mental health option to speak to our 24 hour mental health crisis line.

If you are with someone who has attempted suicide, call 999 and stay with them until the ambulance arrives.

If anyone is at serious risk of harm, call 999 and ask for the police.

10. Sleep

It's been reported that as many as 4 out of 5 adults with ADHD struggle with sleep. In fact sleep difficulties for those with ADHD is a really common problem in childhood too. Whether it be going to sleep, staying asleep or waking up or a combination of all of these difficulties there are things you can do to help (sleep hygiene).



Everyone is different in what they will require to get a good night's sleep, some will need background noise and others will need silence, others will need a snack before bed and others can't eat before sleeping. Although sleep is very individual to each person there are common things that we will all need in order to set us up for a decent night's sleep.

1. Stick to a bedtime routine – going to bed at the same time each night and stick with it as much as possible.
2. The bedroom should only be used for sleep or sex.
3. Try as much as possible NOT to sleep during the day.
4. Avoid caffeine especially coffee and energy drinks and particularly later in the day. Caffeine makes us more alert and also can cause our bodies to produce more urine, causing a need to use the toilet at night, this will also disturb sleep. Caffeine can also increase levels of anxiety which can prevent you from sleeping.

11. Higher/further education

If going away or to university remember to register with a local GP and ask to be referred to the local adult ADHD service.

Remember to tell the university of your diagnosis and ask for reasonable adjustments to be made under the equalities act. You can ask the university's student services for advice and support.

<https://www.agcas.org.uk/write/MediaUploads/Resources/Disability%20TG/Reasonable Adjustments - Neurodiversity.pdf>



12. Managing money

When you have ADHD, you may find that you have some difficulties with managing money, spending too much, impulsive purchasing and overspending leading to debts.

Set up direct debits just after getting paid.

Use a budget planner to help manage money.

Don't avoid debts they won't go away.

CHADD have set up a useful page called "*Managing money and ADHD*" it has a range of useful tips for helping to manage money if you have ADHD.

<https://chadd.org/for-adults/managing-money-and-adhd/>



13. Gap year/holidays

If you're planning on having a gap year or going travelling be sure you have enough medication to last for your travels. Some countries may require you to have information/letter from your GP. Carrying certain medications is against the law in some countries so be sure to check before you travel.



14. Joining the armed forces, police, or fire service.

UK Armed Forces

*****PLEASE CONTACT YOUR LOCAL BRANCH FOR THE MOST UP TO DATE GUIDANCE AND INFORMATION *****

Norfolk Constabulary

National Police Standards do not list ADHD or ASD as barriers to recruitment.

The Police have an active Autism Association which also provides support for all officers with neurodevelopmental differences, including ADHD.

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/100695/621216.doc

Norfolk Fire and Rescue Service

All candidates are asked if they need adjustments made as part of the recruitment process and to enable fulfilment within the role of a firefighter. Each case will be considered on an individual basis. Consideration of whether reasonable adjustments can be made to enable successful undertaking of the role of a firefighter.

<https://www.norfolk.gov.uk/jobs-training-and-volunteering/work-at-norfolk-county-council/vacancies/norfolk-fire-and-rescue-service/faqs>

15. Safe sex

There is evidence to suggest that sexual risky behaviours can be associated with ADHD. Safe sex can have different meanings for different people but is not limited to sexual health, sex and the law and contraception. Below gives an overview but for more detailed information the sexual health section in health for teens has some useful information. <https://www.healthforteens.co.uk/sexual-health/>



Sex and the law – Consent/permission is a key part of sex. You can say “No” at any point and equally if you are told “No” then you should be respectful. The age of consent for sex in the UK is 16.

Sexual health – Unprotected sex increases the risk of catching and STI (sexually transmitted infection) and or pregnancy. Signs of infection can include – Unusual discharge from vagina, penis, or bottom. Pain when peeing, lumps or skin growths around bottom, a rash, unusual vaginal bleeding, Itchy genitals or bottom, blisters sores or warts around your genitals or bottom.

Contraception – In a nutshell contraception helps to stop the spread of infection and helps to prevent pregnancy. There are several different types of contraception available, you can speak with your GP or the local sexual health team (ICASH) for free and confidential information. For some people with ADHD they may find remembering to take a daily contraceptive challenging, explore this when talking about contraception.

Sexual health team in Norfolk - ICASH - (integrated Contraception and Sexual Health) – This service provides all aspects of sexual and reproductive health, including contraception, sexually transmitted infection (STI) and HIV testing and treatment www.icash.nhs.uk/where-to-go/icash-norfolk

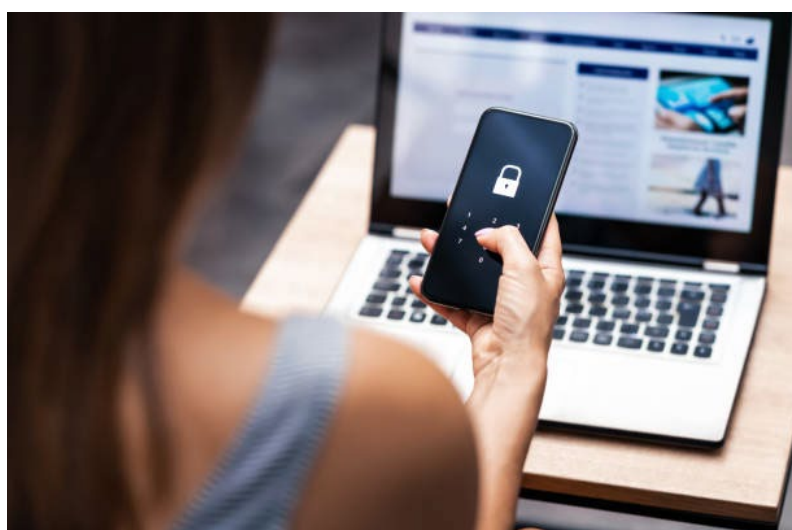
16. Pregnancy and breast feeding

If you take medication for ADHD and are pregnant or would like to become pregnant and it is important to speak to your nurse or doctor. There have been some suggestions that taking medication while pregnant may not be safe for the foetus (unborn baby). However, there is currently limited research on the impact of taking medications used to treat ADHD while pregnant or breast feeding. Speak with your nurse or doctor to discuss your individual case on the safest way to manage your ADHD during pregnancy or while wanting to breast feed.



17. Internet safety

Staying safe online can be a challenge but following some basic guidelines can be helpful. The 5 P's is a good starting point.



1. Passwords - Create strong passwords.
2. Privacy settings – check privacy settings on social media. Only people you know in real life should be allowed to view your information.
3. Personal information – do not share with people you don't know.
4. Profile, be careful if what you post on your profiles.
5. Padlock - Check to see if the site is secure, it will have a picture of a padlock if it is secure.

For more detailed information about staying safe online including cyber bullying health for teens has some useful information.

<https://www.healthforteens.co.uk/growing-up/online-safety/online-safety-the-5-ps/>

18. Local services (services that can be useful when finding your way through adulthood).

Norfolk county council - Preparing for adult life has some useful information including finding somewhere to live and getting a job.

<https://www.norfolk.gov.uk/children-and-families/send-local-offer/preparing-for-adult-life>

MAP (Mancroft Advise Project) One stop shop for advice and support including; mental health, housing support and benefits, employment education training, relationships, and sexual health and much more. <https://www.map.uk.net/>

Wellbeing service NSFT – Provides psychological interventions to people aged 16 and over. Self-referral can be made by calling telephone: 0300 123 1503 or by visiting www.wellbeingnands.co.uk

Sexual health - ICASH - (integrated Contraception and Sexual Health) – This service provides all aspects of sexual and reproductive health, including contraception, sexually transmitted infection (STI) and HIV testing and treatment <https://www.icash.nhs.uk/where-to-go/icash-norfolk>

alternatively you can contact your own GP.

Drug and alcohol services include - Matthew Project for young people experiencing substance misuse, they also help with mental Health and employment education and training – find out more about how to access their services at <https://www.matthewproject.org>

CGL (Change Grow, Live) – Drug and alcohol services 01603 514096 or email norfolk.info@cgl.org.uk.

19. Useful websites

National ADHD charity's/support groups for adults:

<http://www.addiss.co.uk>

<https://www.adhdfoundation.org.uk/>

<https://aadduk.org/>

<http://www.adders.org/>

Support for teenagers (and parents / teacher):

www.livingwithadhd.co.uk

Royal college of psychiatrists web page has an explanation of what ADHD is, some nice self-help tips, and suggestions for books about ADHD.

<https://www.rcpsych.ac.uk/mental-health/problems-disorders/adhd-in-adults>

NICE guidance on diagnosis and treatment of ADHD:

<https://www.nice.org.uk/guidance/ng87>